

March 2024 Wellness Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
					1	2		
3	4	5	6	7	8	9 Ramadan begins Earth day		
10	11	12	13	14	15	16		
17 St Patrick's Day	18	19	20	21	22	23		
24	25	26	27	28	29 Easter Friday	30		
31 Easter Sunday	My Goals		Measurements			Results (total within 5 minutes each)		
	Exercise _____		Day 1 Mid-Month End Month			Day 1 Mid-Month End Month		
	Eating _____		Waist			Squats		
	Other _____		Hips			Push-ups		
			Chest			Ab-planks		
			Weight			Sit-ups		